



DAV Public School Gole Market

Summer Holiday Home Assignment

Class - I

**Theme-Healthy Food : "Healthy Plate
,Happy Life "**



"Eat fruits and veggies too ,

They'll keep you healthy, strong and new!"

HEALTHY FOOD TIPS :



- *EAT COLOURFUL FRUITS AND VEGGIES!**
- *DRINK PLENTY OF WATER**
- *HAVE HEALTHY SNACKS LIKE FRUITS AND NUTS**



- *ASK MOM AND DAD FOR HEALTHY FOOD CHOICES .**



**We are indoors , Let us do some house chores
It is time for funny movies , and help Mom to bake the cookies
A few suggestions that you may follow-**

- *Inculcate good manners like wishing elders, following instructions,involving them in household activities like shelf cleaning, watering the plants,arranging the almirah and filling water bottles.**
- *Encourage your child to converse in English .**
- *Spend quality time with your children and play various indoor games like ludo carrom board,chess,word train,Atlas etc.**

Here are some interesting activities that you can help your child with -



English

"Good Food, Good Health"

. "Healthy Plate, Happy Life"



1. Make a big cut out of fruit or vegetable and write five lines about your favourite fruit or vegetable .
2. Create and learn a poem about healthy eating.
3. Make a list of 10 healthy food words and paste their pictures in A3 size sheet.

[https://youtu.be/bj35ASMUjCY?](https://youtu.be/bj35ASMUjCY?feature=shared)
[feature=shared](https://youtu.be/bj35ASMUjCY?feature=shared)



Let us do some Practice Work.....

(Write in three lines notebook with beautiful formations of letters and words)-

Learn and write your name , your father's name and your mother's name 10 times.

Calligraphy lines (any 10) For example- Fruits and veggies are yummy.



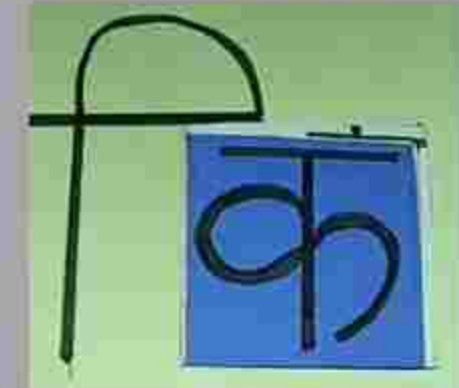
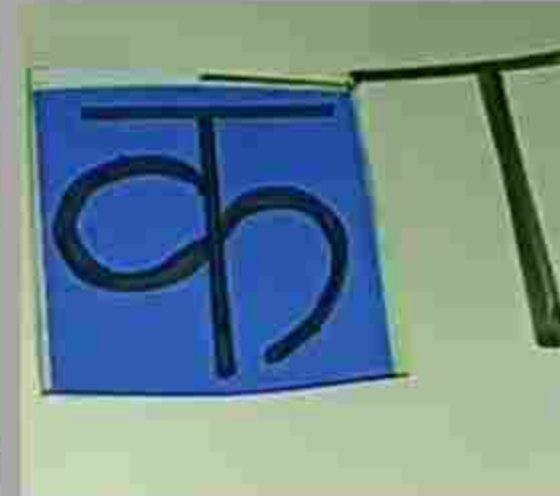
घर का हेल्थी खाना खाओ,
ताज़ी सब्जियां, फल ले आओ



गतिविधियाँ

*अपने पसंदीदा फलों और सब्जियों की सूची बनाएं।

*विभिन्न दालों का प्रयोग करते हुए अलग-अलग आकृति बनाएं और दालों के नाम लिखें।



4. स्क्रेप फाइल या रंगीन शीट का प्रयोग करते हुए अलग-अलग मात्राएं लिखें और व्यंजन के लिए खिड़की बनाएं।

*https://youtu.be/x5zhdiV_rr4?si=hWD6X_fgmGCA_Bv6

सुझाव

1. अपने माता-पिता के साथ स्वस्थ भोजन के बारे में चर्चा करें।
 2. स्वस्थ भोजन के बारे में एक छोटा नाटक या कविता बनाएं
 4. भोजन के महत्व पर आधारित कोई कहानी याद करें।
- (उदाहरण के लिए : चतुर बन्दर और आम, तीन मित्र और भोजन)

मेरा लेखन कार्य : (3 लाइन वाली अलग से कॉपी बनाएं)

* कोई भी 10 पंक्तियां सुलेख लिखें।

* अपना नाम हिंदी में लिखने का अभ्यास करें।

* 'मेरा परिचय' पर पांच लाइन लिखने का अभ्यास करें।



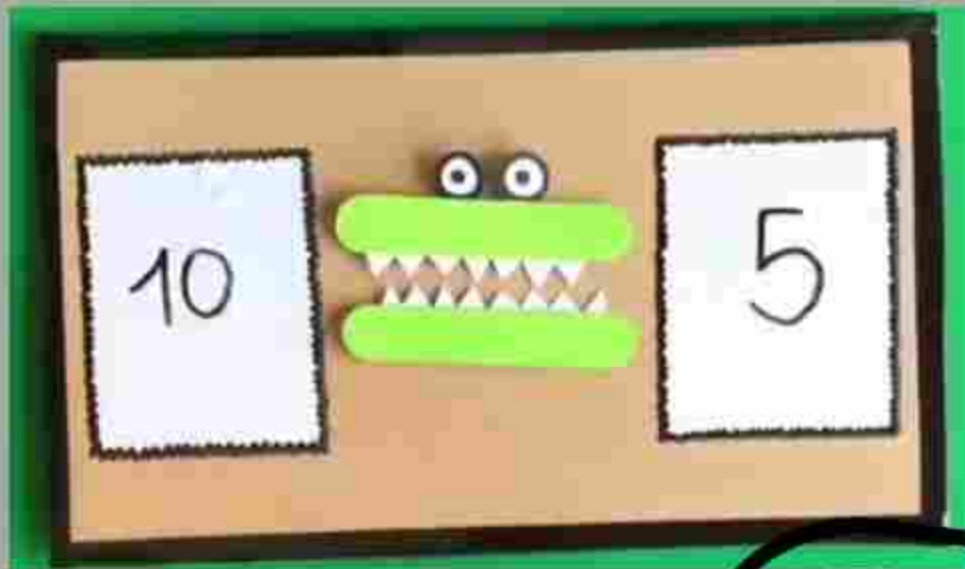
MATH

***Make a matchbox craft to learn after and before numbers.**

***Make an alligator mouth craft to learn 'Less Than and Greater Than' Numbers.**

***<https://pin.it/6CufOHClO>**

***<https://pin.it/2jDXA2uA0>**



Number Fun

- *Learn and write number names 1-50 counting 1-50 in practice notebook.**
- *Go with your mom to buy fruits and vegetables and count them.**

ART & CRAFT : Make a wall hanging or pencil stand and decorate it beautifully.



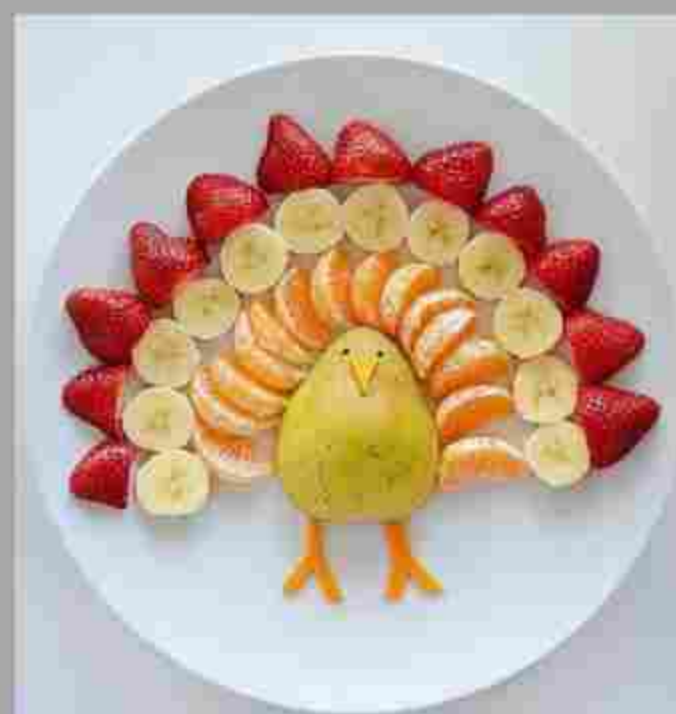


- * Cut out pictures of healthy foods from magazines and create a collage in your scrapbook and decorate it beautifully with green colour cover.**
- * Write the names of 5 healthy foods you like to eat.**
- * Draw a chart with two columns fruits and vegetables. Paste cut out of fruits and vegetables in respective columns.**



Culinary art activity:

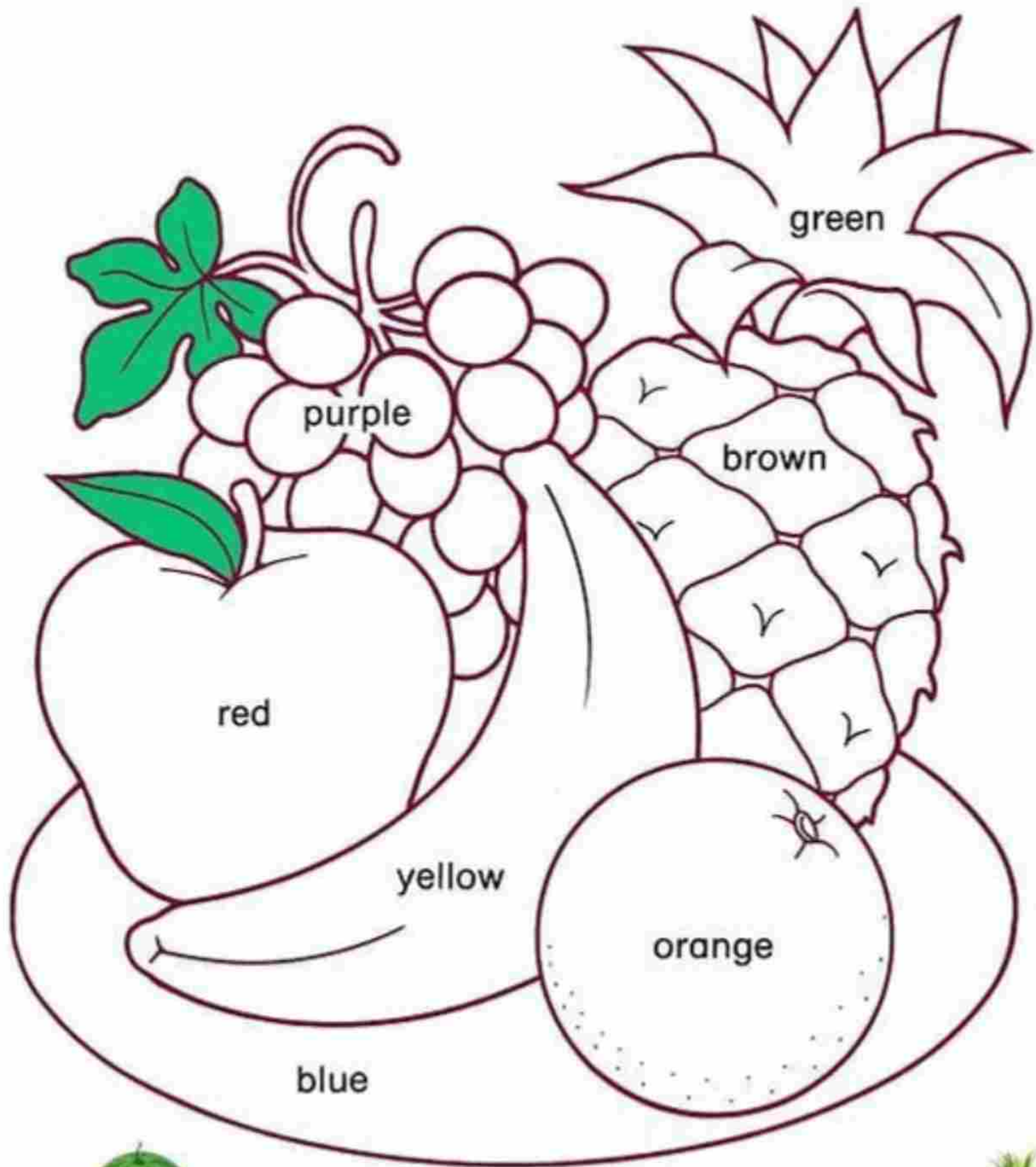
- * Make fruit salad and any traditional drinks like : 'Shikanji' , 'Lassi' or Aam Panna with the help of your mother.**
- "Click a photo and paste it in scrapbook.**



Take a print out of these worksheets and do as per instructions given-

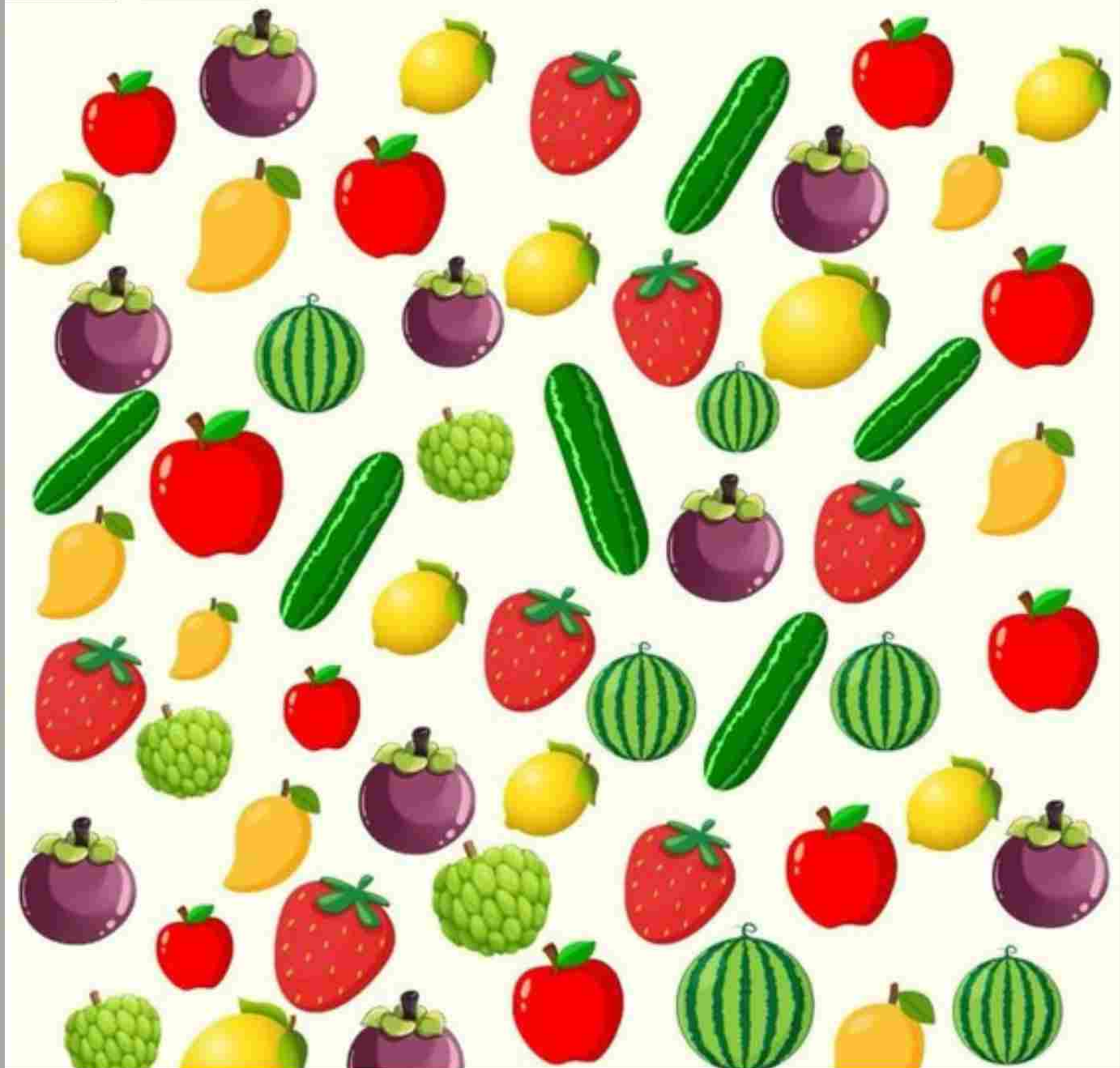
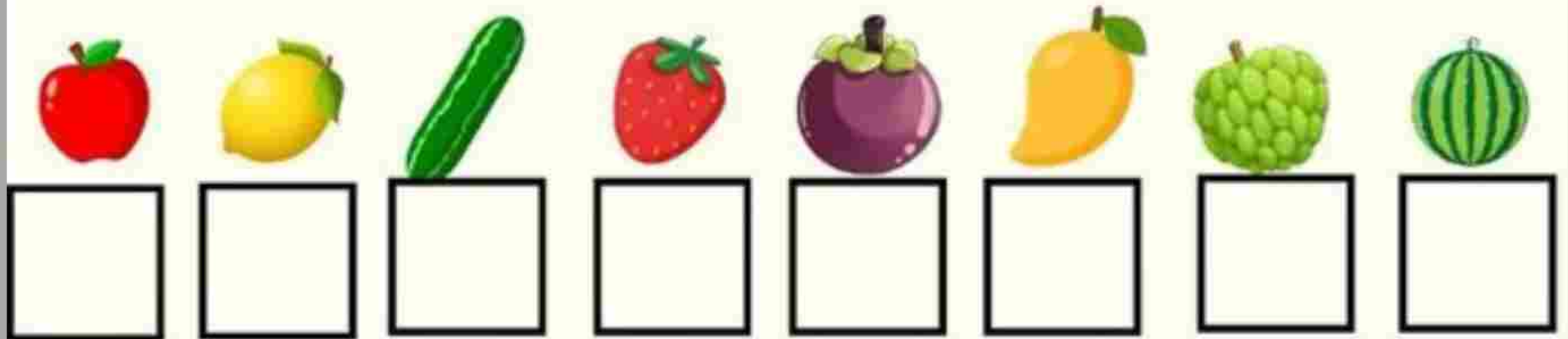
Name _____

Use **red, blue, yellow, green, orange, purple, and brown.**
Color the picture.



Name: Date:.....

FIND AND COUNT



Sentence Writing

Write each sentence correctly.



1. That car is blue.

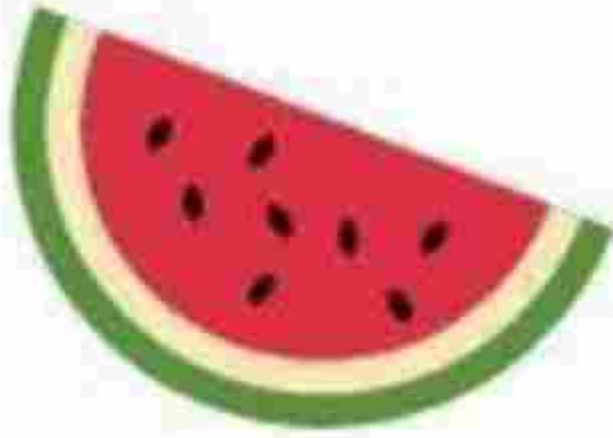
2. The cat is sleeping.

3. I like my school.

4. I have a new cup.

फल

नीचे दिए गए चित्रों को देखें और सही विकल्प पर निशान लगाएं।



तरबूज ☐
चेरी ☐
स्ट्रॉबेरी ☐



सेब ☐
चेरी ☐
संतरा ☐



केला ☐
नाशपाती ☐
बेरी ☐



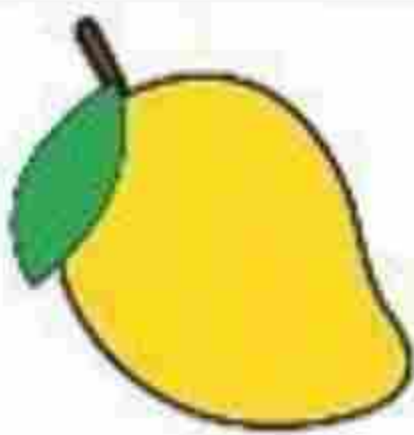
संतरा ☐
स्ट्रॉबेरी ☐
आम ☐



चीकू ☐
केला ☐
अंगूर ☐



सेब ☐
आम ☐
अंगूर ☐



पपीता ☐
आम ☐
अंगूर ☐



आम ☐
पपीता ☐
अंगूर ☐



नाशपाती ☐
संतरा ☐
केला ☐



YOGA for Mind , body & soul

21st June is an International Yoga Day ..

Let us do a few Yoga exercises.....

1. Tree Pose (Vrikshasana)

- **Stand on one leg, with the other foot resting on the inner thigh.**
- **Arms by your sides or in a prayer position.**
- **Balance and breathe!**

2. Butterfly Pose (Baddha Konasana)

- **Sit with your legs bent and feet together.**
- **Flap your legs like butterfly wings.**



4. Cobra Pose (Bhujangasana)

- **Lie on your stomach with your hands under your shoulders.**
- **Press your palms into the ground and lift your chest.**

**get to take your mom or
an elder along...)**

My Play Time

***Look out for a few cardboard wastes and make a
board game for yourself. Play in your me time...👉**



Instructions for sending the Assignments after summer vacation...

- *Keep all the projects in a folder.**
- *Worksheets should be properly labeled and stapled.**
- * Separate practice notebook should be covered with any coloured
paper and
beautifully decorated.**